



Office On Aging

1190 S. Bascom Ave. #220, San José 95128

Phone: 408-277-4101

Fax: 408-297-6123

Supervisor: Diane Lindberg

Email: diane.lindberg@sanjoseca.gov

Bus Line: 62

Types of Programs: Information and referral, volunteer placement, assessment, support services, job search assistance, tax assistance, and special events.



Senior Citizens Commission

The Office on Aging staffs the fifteen member Commission which is appointed by the San José City Council to advise it on matters of importance to San José Seniors. The public is invited to attend the monthly meetings on the second Thursday of each month from 1:30-4:30pm, at the address listed above. **Contact: 408-277-4561.**

Senior Employment Resource Center

The Senior Employment Resource Center provides assistance to adults age 50 and over who are seeking employment. The Center maintains a job library of over 4,000 listings from local businesses and individuals. The Center does not train, screen or recommend potential employees. Staff is available to assist clients with job search techniques and skills identification. **Contact: 408-297-3245**

Senior Games

The Senior Games are designed to promote lifelong health and physical fitness. This program is open to adults age 50 and over and offers competition in a variety of team and individual sports. Athletes of all skill levels are encouraged to participate. **Contact: 408-297-0247.**

Senior Companion Program

The Senior Companion Program recruits and trains people age 60 and over to be companions to other elders who are homebound or in poor health. A Senior Companion volunteers twenty hours per week and receives a stipend. Senior Companion clients are elders who run the risk of becoming institutionalized without outside assistance. The Senior Companion Program is associated with the Corporation for National Service, a Federal program that supports community service. **Contact: 408-277-5506.**

Retired and Senior Volunteer Program

RSVP provides people age 55 and over with opportunities to volunteer at sites throughout the San José area. The program also offers education programs and income tax preparation assistance. Volunteers serve without compensation, but may be reimbursed for certain expenses. All volunteers are covered by accident and liability insurance. RSVP is co-sponsored through the Corporation for National Service. **Contact: 408-277-4790.**

Older Adult Resource Program

The Older Adult Resource Program works to empower senior residents and their families to better access community support services in order to promote independent living. This service includes assessment, planning and information and referral. Resource Specialists make home visits to seniors in addition to offering scheduled office hours at City of San José Senior Centers. **Contact: 408-277-5506.**

Senior Program Sites

A diverse population of age 50+ adults participate in activities at fourteen senior program sites throughout San José. Lifelong learners enjoy Tai Chi, watercolor, bridge, memoir writing, tap dancing, photography, computer classes, Feldenkrais fitness, Chinese brush calligraphy, San José history and more. Globetrotters are able to explore trips and tours. Special events, Senior Nutrition lunches, clubs, dances and movies nurture the communal spirit. Dozens of support agencies offer services and referrals. Monthly activity schedules are available at City of San José senior centers, at the Office on Aging, 1190 S. Bascom Ave. # 220, San José and may be obtained by visiting the City web site at: <http://www.sanjoseca.gov/prns/centers.htm>

Senior Center Service Directory

SERVICES	Alma 275-1315	Almaden 268-1133	Alviso 586-7621	Berryessa 251-6392	Cypress 244-1353	Evergreen 270-2220	Gardner 279-1498	Hank Lopez 926-3895	Iola Williams 292-6592	Kirk 269-0214	Southside 629-3435	St. James 277-4194	Watson 280-7355	Willows 448-6400
Office Hours	M-F 9-3	M-F 8-4:30	M/W 10-12	M-F 9-5	M-F 9-4	M-F 8-4:30	M-F 9-5	M-F 9-5	M/W/F 9-3 T/TH10-3	M-F 9-4	M-F 9-4:30	M-F 9-4 Sat 10-2	M 10-3	M-F 8:30-4
BART \$4.00	Yes			Yes	Yes	Yes		Yes		Yes	Yes	Yes	Yes	Yes
Bus Lines	82	63	58	62	23	31	Light Rail	70	26,72	63	27	22,23,72 73,80,82 Light Rail	62 82	26 64
Bingo	F 1:00	2nd F 12 Noon		1st/3rd/5th TH 1:00	TH 1:00	T 1:30	T/W 12 Noon	TH 1:30	F 12:30		T 1:15			
Blood Pressure	T 1:00				TH 11:30- 12:30				F 10:30- 12:00	M 2nd/4th	TH 9:30- 11:00	TH 10:30		TH 2nd/4th 10:30- 11:45
Brown Bag	W 8-9				W 10-11			F 9-11	F 9-11		TH 10:30			
Resource Specialist	T 2nd/4th 11-1	Call for Appt.		M 1st/3rd 11-1	TH 1st/3rd 10-1		T 1st/3rd 11-1	TH 11-1			W 1st/4th 11-1			T 1st/4th 11-1
Dances					T 1:00 2nd S 1:15		Yes		W 1-3	M 2:30	F 1st/3rd 4th	M-F 1-3 Sat 11:30-2		3rd TH 1:30
Transit FLASH Pass	Yes				Yes			Yes			Yes	Yes		Yes
Gift Shop					M-F 10-2						M-F 10-2			M-F
HICAP 296-8290				M 4th	TH 2nd/4th 10-12	TH 2nd/4th 9:30-12:30				T 3rd 9:15- 11:30	T 2nd/4th 9:15-12	T 2nd/4th 1,2,3, T		T 2nd/4th 10-12
Homeowner's & Renters Assistance	Jul.- Oct.			Jul.- Oct.	Jul.- Oct.		Jul.- Oct.		Jul.- Oct.	Jul.- Oct.	Jul.- Oct.	Jul.- Oct.		Jul.- Oct.
Senior Nutrition Lunch Reservations	M-F 12 Noon	M-F 11:45	M/W 12 Noon	M-F 12 Noon	M-F 11:45	M-F 12 Noon	M-F 11:30	M-F 12 Noon	M-F 12 Noon	M-TH 12 Noon	M-F 12 Noon	M-F 12 Noon SAT 11:30		M-F 12 Noon (Resv. not required)
SALA Legal Assistance 295-5991	1st M 11-1	2nd T		3rd M	1st T	3rd F 9:30- 11:30		2nd T 11:00	3rd M	4th T 9:30- 11:30	1st/3rd T	1st/3rd F		1st/2nd 9:30-12